



The sport involves walks that range from 5 to 20 km. (3.1 to 12.4 miles) in the forest, through a city or a combination of both. The walks are fun and can be completed with family members, friends or pets.

People who are interested in volksmarching often get together with friends or relatives and establish their own walking routes to enjoy European nature at its best or and the breathtaking scenes that often accompany it. Others join a local club that is already associated with the sport. Whatever you decide to do, volksmarching will provide you an opportunity to meet new people and establishing relationships with area residents while forming bonds that could last a lifetime.

If you are interested in the sport contact your local MWR Outdoor Recreation Office or visit the Federation of Popular Sports webpage at www.ivv.org

‘Volksmarch’ See Europe on foot

Volksmarching, or “people’s march,” is one of the best ways to see and enjoy Europe while experiencing its culture – it may even be the healthiest.

A non-competitive fitness walking sport volksmarching was developed in the German speaking countries of Europe. The sport was designed to help popularize an enjoyable and healthy form of exercise. Today, volksmarchers have adapted the sport to countries throughout the world.

